

# BRIDGES

TUESDAY, DECEMBER 25, 2012

## ON THE SCENE:

Our best shots from the year's most glamorous and fun events. **P. 12**

## SHARP EATS:

Four brunch spots to cure your morning-after headache. **P. 22**

## WINE WORLD:

Veuve Clicquot champagne offers an evening full of promise. **P. 23**

A STARPHOENIX COMMUNITY NEWSPAPER



MOSES AND MARY KARG  
WORK HARD TO HELP  
FAMILIES IN SIERRA LEONE **P. 8**

FREE



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Mary Kapeko packs boxes en route to family in Sierra Leone. She, her husband Moses and son John left the war-torn country 17 years ago and now live in Saskatoon. **PHOTOS: PHILIPPE L'EPICER**

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Jeanine-isa Chassay prepares for her Sunday morning radio show at her favourite place in Saskatoon, the CJ2M radio booth. **PHOTOS: PHILIPPE L'EPICER**

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# CITY FACES

## # BEST OF 2013

It's the people in Beekman that make this city a true community. That's why we love our City Faces section. It's another way to feature people who are doing unique, helpful and inspiring things. And they all have a great story to tell. From activists to artists, here are the best City Faces photos of 2013.

**BRIDGES PHOTOS BY MICHELLE BERG**



Jenna Pease looks for obstructions in her path of arts on Central Avenue.



(From left) Ashley Pich-Novak and Thawne Gendwill enjoy a free swing dance lesson at River Landing.



Heidi Deason, 19, has been playing the cello for 25 years.



Allegretto! Chris Lingen has been performing for audiences across Colorado since 1983.



Zombie Ray, an internet hip-hop virtuoso and spoken-word poet.



Internationally respected craftsman Jamie Russell works in his studio.



# REPORT TO THE CITIZENS OF SASKATOON



One year into my fourth term as Saskatoon's Mayor, I want to thank you for the opportunity to serve you. It has been a busy year. We opened Circle Drive South and are moving forward with plans for the Parkway Bridge/Traffic Bridge project. We finalized the 2014 budget. Once again we held my annual Mayor and Council Town Hall Meetings in each of the ten wards.

Over the last ten years Saskatoon has grown and prospered. Our community is home to nearly 40,000 new residents as our population increases toward 250,000. We are a successful, multi-cultural city welcoming families from across Canada and around the world.

New businesses are starting up and existing businesses are expanding. The Conference Board of Canada reports our economy will grow by 5.2% this year with an increase of 6.1% in jobs. That means we are #1 in Canada as we continue to diversify Saskatoon's economy.

Over the past decade we have focused on improving quality of life, creating opportunities and strengthening infrastructure.

Circle Drive South is open to motorists, cyclists and pedestrians. What a magnificent project. People tell me the Circle Drive South Bridge has changed their lives. It connects neighbourhoods and families, improves productivity by shortening travel times and, finally, completes Saskatoon's circle.

Unprecedented growth of 4% in 2012 saw the near completion of Evergreen and Hampton Village neighbourhoods. Kensington is underway. The massive neighbourhood of Holmwood spans for construction next year. The communities of Fox Point and Aspen Ridge are in the planning stages.

Over the last five years, our nationally-recognized 'Athabasca Housing Program' has spurred construction of 2,634 affordable housing units. Over the next 10 years, our goal is to build 5,000 more units.

During the past decade, storm sewer backup was a serious problem in some neighbourhoods. We invested millions of dollars in underground "super collector pipes." They are an effective means of collecting overflow during rain storms so the sewer doesn't back up in your basement.

During the Town Hall meetings you said your top priorities are roads, traffic congestion along with safety and security. I agree. Our roadway network is key. City Council's commitment to spend \$360 million dollars over the next 10 years to rehabilitate Saskatoon's arterial, collector and neighbourhood streets is absolutely the right thing to do. I want to make sure the city resurfaces the bumpy road in your neighbourhood. In fact, within the next three years the city expects to resurface nearly 500 lane kilometers of roadway. That is almost the distance from Saskatoon to Calgary.

To keep Saskatoon moving, we are committed to one of our most important infrastructure projects over the Parkway Bridge/Traffic Bridge project. The Parkway will connect the heavily populated northeast neighbourhoods with the employment rich areas of Marsden Industrial. The bridge will carry more than 25,000 commuters every day and dramatically ease traffic congestion on the overburdened Circle Drive North Bridge. The Traffic Bridge must be constructed to accommodate cyclists, pedestrians and vehicles, including transit and emergency vehicles.

Civic construction projects are keeping pace with growth. The new Police Headquarters on 25th Street East will open in the spring. The award-winning Remer Art Gallery at River Landing will officially open in 2016. We are on track to relocate the 'bus barns' from Caswell Hill to the new Civic Operations Centre in southwest Saskatoon. When the downtown city yards move, we will begin work on Saskatoon's much anticipated urban renewal program. The Yards. This innovative urban redevelopment alone could see an additional 10,000 people living and working downtown.

Through all of this expansion, the City has maintained a balanced budget. In fact, last year the city had a budget surplus of more than \$5 million. We reinvested it in roads, snow removal and put \$1.5 million in reserve. Our AAA credit rating from Standard and Poor's proves Saskatoon is a prudent and financially sound city.

As we look to the future we must honour the past. We have a strong and positive relationship with aboriginal communities and First Nations. We must continue to find positive ways to engage young aboriginal men and women creating educational opportunities, and providing an avenue for an active role in the future of Saskatoon. Like you, I love this city. I want Saskatoon to be the best in Canada. Families are moving here to find success and enjoy the quality of life only Saskatoon offers. We are a city of hope and opportunity and a city in which families feel safe and secure. I want our children and grandchildren to grow up, live, work here and call Saskatoon home. Together we will continue to make Saskatoon, our city, a 21st Century City.

*Donald J. Atchison*

Donald J. Atchison  
Mayor of Saskatoon

# IN THE CITY

# DECEMBER 23, 2013 — 1:24 P.M.

## Some fun in the big freeze



Chris Filmerg and his 14-year-old daughter Leah playfully skate around the Camco-Minicream Skating Rink during a cold but beautiful winter day. The family enjoys skating here because they met there (from Canada, the United States and elsewhere) who play at the rink during the while visiting Sedona. (PHOENIX PHOENIX BY MICHAEL J. RIEBS)

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Radio booth a place to discuss, learn and express



Angelina Chapola prepares for her Sunday morning radio show at her favourite place in Saskatoon: CFGR's radio booth. MELISSA PHOTO/MELISSA PHILLIPS

## Angelina Chapola

Jehannissa Chapola, originally from Calcutta, moved to Saskatoon three years ago after studying in Europe and spending a short time in Toronto. Although she loved her new city, she says she found it difficult being a newcomer yet keeping connected to her roots. But that all changed when she started the radio show *On Bengali Gauri* (Gauri on Bengali) on Bookshelves community radio station CFGR. The show is inspired by the sentiments of Bengali's liberation and focuses on social awareness for Bengali people living both abroad and in Bangladesh. The studio looks like a festive place: she shares her show in a festive place: she shares with listeners across the world.

## Q. What is the purpose of the show?

A. One of the main aspects is to highlight the history of Bangladesh and trying to convey

the history to the new generation. The second objective is to talk about the natural, patriotic and those part of all the associations. Before 1971, we were situated with India and from that period to the liberation movement is blessed with so many (revolutionaries) and patriotic people to keep up that spirit ... I try to highlight those people's work and the issues of Bengal.

## Q. What do you do when you're in the spot?

A. I read the script and connect with the artist and I make the intro and I talk. But I have to give a big hand to the technical support, Rupen Ghosh, my husband. Mostly I lead and put plan for the show, I wrote the script. We go always together.

## Q. What's a bit different in your show than other local programs?

A. Right after my show in the Arizona and Ansys language show. It's like hard to look who among it's in English, we have to leave the studio but we never get the chance to talk to them. They just come in and start their show and we need to make the studio empty. We hardly get time to社会化 with each other.

## Q. Is the show in Bengali and English?

A. Mostly it's in Bengali but I do invite English speakers guests too, and I try to translate.

## Q. Do you have a favorite guest who's appeared on the show?

A. Marie Laverdi. She is a professor from the gender studies department and Mike Mappan is a trans woman. Just two weeks ago I did a show and they talked about transgender issues and gender issues raised. The focus was to talk about the homophobia issue in a very easy

way for beginner listeners because in the Bengal community, people are very homophobic, so I tried to bring that topic in a very easy way but invited the guests to make it more audience friendly.

## Q. What else is different on the show?

A. I try to do education and entertainment together. I avoid situations as some talk about some things apart from Bengal music ... I run a small craft school educationally and then the kids come as the radio show for singing and narration of Bengali poems ... Also women come on and share recipes and I try to invite students ... like those who have facilitated their PhD or master's thesis ... to come and share their findings from their research.

Chabi Begum Gauri O Kishor on CFGR 90.7 on Sunday mornings from 8 a.m. - 10 a.m.

# ON THE COVER

# MOSES AND MARY KARGBO

## Family in Sierra Leone receives shipment of hope



May and Moses Kargbo with their daughters Victoria and Amanita, and son John. Right: Sierra Leone and a near-custodian, death in its wake (7 pages ago). PHOENIX PHOTO BY MICHELLE RIEGO

By Jenn Sharp

The familiar story of Christmas is about a man, a woman and their infant son. After the merriment of the stable scene, there is a life-and-death drama as the young family frantically escape a slaughter to find safety.

A couple in Spokane has lived that part of the story. Seventeen years ago with their village a target in Sierra Leone's civil war, Moses

and Mary Kargbo had no choice but to flee with their baby son John. "We thought they are safe in [Sierra Leone] and sending a shipment of Christmas hope to Sierra Leone."

It was a perilous journey for the couple. From Syria, they walked for days through a mountain range to get into Lebanon.

"Sometimes I try to remember but it's too stressful," says Mary. "I don't want to really remember

about all of that. It was very tough to leave."

The Kargbos had no idea if their family back home was dead or alive.

Rebel armies had killed thousands and destroyed entire villages. Many of the remaining survivors had fled.

As refugees, the family lived in Lebanon for nine years. Moses devoted all his time and life in a country where he could support his family by away from fighting and war.

"The will has already been done but we had to look for the way? Where is the way?" he remembers, thinking.

"We also thought they were dead."

It was impossible to know where family may have ended up — people had scattered to neighbouring Liberia, Guinea and Gambia. Others died out in living in hiding.

"Everybody went past thinking — there was no way there was no way for everyone," says Mary. "They thought we were dead."

I don't know whether I do a lot or a little but I do what I can and give them some enthusiasm and encouragement.

—Sharon McLeod



In October, Mary Kuskojo packed groceries that were sent to Seven Leone's mother for Christmas.   
PHOTO BY HEATHER HOLT

After arriving in Saskatoon, Moses met Joseph, whose brother lived in Liberia. Moses needed to know if his family was alive. Joseph sent his brother to Seven Leone's northern province where Moses's home villages, Bokor, today and Makoko, are located.

Moses's brother, brother and brother-in-law had been killed; his other brother was missing. Only his mother, sister and her two children were left. Another brother, Seven Leone's now son-in-law in Saskatoon, Moses's family had fled the area. All were safe, except for his father, who was killed. Today, they live in Bokor.

For the first time in a decade, Moses was able to talk to his mother, Kadiatu Conteh and sister, Hawa Kusko. "The moment was bittersweet," says Moses. "Half (of my family) is gone — only my mother and my sister remain," says Moses. "They killed them," adds Mary despondently. "The rebels killed them."

The extremity of the loss caused me to go into shock. Moses sits surrounded by his relatives (John, 11, and daughter, Vivencia, 16, and Ange-

la, 16), in the living room of their medical home in the Confederation Park neighbourhood. He won't elaborate about the deaths.

It's not something to discuss lightly over coffee, but Moses is uncompromising: if at times he sugar-coats his explanation of the situation to leave his home and family behind.

It's not long before the family gathers once more. Moses and Mary gesture proudly at regard women posed with serious expressions and smiling children. When asked whom child belongs to whom, he explains the children are everyone's.

"We are all family people."

The couple says their life in Canada is a gift from God, a gift they are obligated to return in whatever way they can. They have done that by regular financial support and a shipment of supplies scheduled to arrive in time for Christmas.

"The opportunity God (gives) us here, as much as we share," says Moses.   
Continued on Page 10

# Authentic Amish Cooking



## Chicken Nuggets

2 Chicken Breast, boned, skinned and cubed  
1/2 C. Dry Milk Powder  
1/2 Eggs  
1/4 C. Salt and Pepper

1/2 Paprika  
1/4 C. Baking Powder



Combine all ingredients. Put in a plastic bag and shake. Place on cookie sheet. Bake at 385° for 45 minutes or until brown and done. Yield: 4 servings

## Strawberry Pie

1 1/2 C. Sugar  
1/2 C. Shortening  
1/2 C. Milk and cream. Reserve 1/4 cup and add  
1 1/2 Butter  
3 oz. Strawberry Jello  
2 bags Fresh Tastee Gelatin

1/2 C. Water

1/2 Lemon Juice  
1/4 C. Salt



Cook sugar and Shortening over low heat until sugar is dissolved. Pour into 2 round 9-inch pie shells and top with

whipped cream. Yield: 2 pies

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Our friend told me they needed to send stuff back home. If I have the chance, I (wanted to) help them.

—Francis Kangbo

The first struggle for the newly arrived family was pronouncing the name of their new city. "Vivemos there at the time was the only one who could say it properly."

Many say they don't talk about the journey to get to Canada much with their children, but when the story will one day have to be told.

"It's a history to tell our grand children," says Moses as John nods in agreement.

Moses became a "pack of all trades" in Liberia, doing all kinds of work to support his family. He's now employed at Canadian Tire parts, where he sells industrial strength parts.

Mary worked at a time in a care home. It was hard to find childcare and she disliked being away when her children were at school. Now she's a full-time housekeeper. Living in a larger home or wearing new clothes aren't priorities.

"It's hard. Here we don't have nobody to give (us) a hand. We have to do as much as we can (and) make sure our kids are safe also. If you want to run after the money, then where are the kids?" she says.

"We struggle all our lives from generation to generation. We don't want to corrupt or waste. We need to look after the kids. If they come home and there is nobody there, that's not good. That's why I stay home."

After the rent and bills are paid, and food is on the table, the couple saves the remaining amount of money left over.

It goes to Moses's rebuilding family in Sierra Leone. Berry monthly, he sends money home to his family members there and food to a nearby orphanage. The fighting has subsided and things have gotten better in the area, but life is far from easy. "The only trip for a hundred of winter is a two-hour trip."

Even though he does what he can for his family back home, the guilt Moses feels at leaving them behind can consume his thoughts.

"I exist at home and not in Canada, and there they have no tag," he says. "This is our own sacrifice now. To help them survive."



The Kangbos' adopted money box in their village in Sierra Leone to help these children buy their school uniforms. PHOTOS BY MICHELLE SEEG

The couple filled a U-Haul with boxes of supplies earlier this fall for shipment to the village. Clothing, shoes, bags, socks, lanterns, sewing and school supplies, dried beef, coffee, rice and laundry soap were all included.

"They are really hard, they are tough, but they fight the (monsoon) day by day," says Moses. "They are not looking to be rich, but are looking for survival day by day."

The U-Haul was sent to Francis Kangbo (no relation) to Moses and Meryl in Mississauga. In October, he handily reorganized for a shipping container to be sent to Sierra Leone, filling it with supplies for his wife, Moses' mother Francis through a

mutual friend who told him Francis could help organize the shipment to Africa.

"Our friend told me they needed to send stuff back home. If I have the chance, I wanted to help them," says Francis.

The container was addressed directly to the poverty prevention by Dr. M. Femi Dene, Moses's sister Nancy (who is raising money for Christmas) will have the supplies brought to the village. It will be a Christmas gift (the location of which must not) will only be determined. While it's the second shipment the Kangbo have sent, this one is much larger than the first.

"They will be happy as happy," says Moses.



Moses Kangbo's mother (second from right) and sister (right) in Sierra Leone.



Students with their new items from previous shipment the Kangbo helped.



A few of the houses that have been built post-war in the Kangbo's home village.

We struggle all our lives, from mountain to mountain. We don't want to run after the money.

We need to look after the kids.

— Mary Kangbo

The Christmas shipment is not the first time the Kangbos have worked to change their family's lives in the Bentukaboly and Mokala villages.

Moses' first goal was to build a permanent and sturdy home for his immediate family.

They've raised enough money to build a well for the village, obtained the dry, arid land of fresh water. A reliable, close source of water has also enabled people to grow food crops. The Kangbos also pay the school tuition for children in the village that are.

It is done in conjunction with Saskatchewan's small, yet devoted Sierra Leone community of 16 families Moses raised through various fund raisers is shared equally throughout the group so all benefit. Projects they're involved in include a water well, a school and a clinic.

"We all work together as a community," says Mary. "As a team," adds Moses. "Because we (as family) can not keep on doing this forever."

Sharon McLeod, a friend Mary met five years ago, also began going the Kangbos whatever she could spare and got more involved in fundraising for the village. Her sister Jean came on board, donating enough to buy a generator. Saving makeshift rice, an oil press enabling people to have a source of income.

"It just kind of grew and grew," says McLeod. "It was the enthusiasm of Moses and the need that got us involved."

McLeod spearheaded a clothing and toy drive in North Battleford where the Ursuline Sisters sorted and labelled the donations for the Christmas shipment to Sierra Leone.

The Ursulines are a worthy cause, and one the Kangbos alone cannot keep supporting.

It's all winging on Moses and McLeod's initiative. There's no grants from the government, nothing," she explains.

McLeod also included rug and quilt-making looks in the shipment along with contributions and purchases on marketing goals as a way of generating income to the villagers. Income generating projects was something she proposed to Moses.

"They have to work for them-

elves— to make their own living," explains Moses.

A Vaughan man in garmenting supplies and used crops in Saskatchewan have made simple patterns and sent them, along with sewing needles to the women in the refugee, who are learning to sew and setting up businesses for themselves.

While the rest of us complain about the bitter cold, the Kangbos

are just infinitely thankful to the here because they escaped an almost certain death.

"We aren't complain," says Mary. Deeply religious, Moses adds, "It's God's work, that brought the family to Canada. It was not something we alone could have done."

"Everything is in God's hands."

"If we have one thing we will share it. This is what we think is important to share," says Mary.

"It's really a story of tragedy," says McLeod. "We have so much in this

country. It's really, I think, indifference to us."

Saskatchewan's Sierra Leone community will host a fund-raising event in April. All are welcome to learn their culture through a dinner, entertainment and handcrafts. Watch *Starbride* in events section for information. If you would like to make a donation or help with fundraising efforts, contact Sharon McLeod, *Sierra Leone* charitable arm or call 306-943-1664.

[www.sierra-leonecharitablearm.ca](http://www.sierra-leonecharitablearm.ca)



Mary Kangbo and her daughter Angela with handbags from Sierra Leone, which will be sold at a fundraising event April in Saskatchewan. *Rebecca Photo by McLeod*

# ON THE SCENE

## # BEST OF 2014

As Sashakleen grows, its events and nightlife just become bigger and increasingly energetic. Below was On the Scene for this year's best events, from the Fringe to the Sashakleen Fashion and Design Festival. Here are a few of the highlights from our favorite events in 2014.

### BRIDGES PHOTOS BY MICHELLE BERG



Bridget Bergstrom's standard poodle, Phoebe, at the 10th City Animal and Obedience Club Dog Show at Phoenix Land Park.



The Sashakleen Oriental Dance group performs on Broadway during the first night of the Sashakleen Fringe Festival.



A model wears the purple, flowing, asymmetrical dress by Currie Brown, part of the Mermaids Never Forget show during the Sashakleen Fashion and Design Festival in Sashakleen last June.



Janusz Jasinski and Abdurrahim Qayum ride the roller coaster at the Sashakleen 2014 Fair.



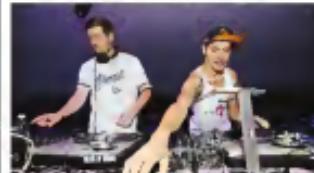
A red Volkswagen Beetle with a child standing next to it at the Rock 'n' Cruise Weekend Show & Show, which featured over 900 classic cars, motorcycles and trucks in downtown Sashakleen Aug. 29.



The Sashakleen Club's clowns cheering after a successful dinner with guest Chef Marie-Josée of Hostigala Restaurant in Montréal. The dinner took place at the Sashakleen Fashion and Design Festival, moderated by actress Adrienne McCarthy.



Dancers performing at the Fracture Tone pavilion at Sashakleen Festival.



Miller-Galt and DJ Candy Music at the second annual Pier Wig Alley Party.



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# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # BEST OF 2013

In the summer months, we had the chance to feature some local gardens and yards. When it started to get cold, we heeded invite to some of Saskatoon's fabulous homes and businesses. Our Spaces section features beauty both indoors and out. Here are our favourites photos from 2013.

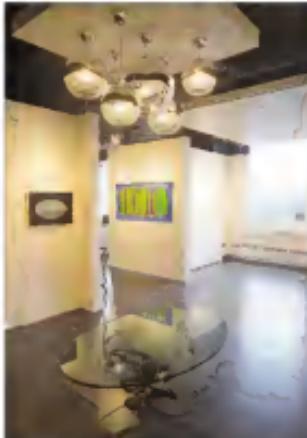
BRIDGES PHOTOS BY MICHELLE BERG



Barrie Stachniuk's backyard filled with antiques and collectables



Weston's English Pub



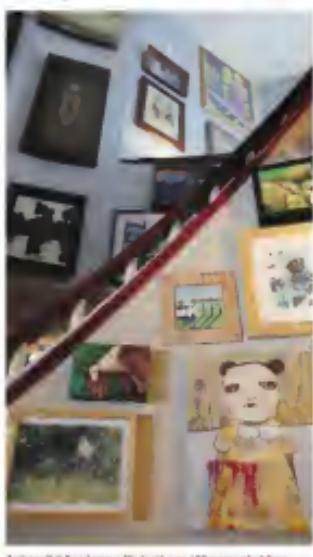
Debrah Art Gallery



The Lighthouse  
Supported Living centre and an emergency shelter for people living with substance abuse provider on Second Avenue in Saskatoon



Ken Williamson's backyard retreat



Anthony Strelak's home is filled with over 400 pieces of art from around the world

## # SPACES BEST OF 2013



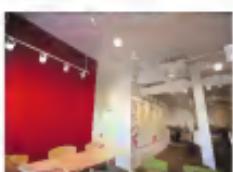
Adam Kucharski and his girlfriend Lindsay Poirier's haunted mansion at 1400 Fifth Ave. N.



Rembrandt's Fine Dining &amp; Wine Bar



Dawne Gardner's dining room table



An airy new space for Tap Communications



Saskatoon Peacock Society members, Rachael Childs and her husband Dennis, created a rustic garden and outdoor living area at 511 Woodlawn Heights.

**NEXT WEEK:** At what moment were you most proud of your children? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

## Do you make New Year's Eve a family activity? Or is it just for the parents?

"Since we've had kids I don't know we've even made it to midnight!" — Michelle Groulx

"It used to be about family but now the kids are grown and it's just us! — Andi S

"One fun thing we do with the kids is we read on chairs and as the clock struck midnight we started into the new year! Then off to bed!" — Debbie Hartnett

"My birthday home became very young during New Year's Eve last year. We have just been spending at home. We going to be out but first need to stay up!" — Alyssa Groulx

"New Year's Eve is our family activity. We'll make pop corn and watch a movie and try to stay up until midnight!"

"With older kids don't have plans they may sleep over for marshmallows and games as well!" — Carla Corneille

"Last year we had our daughter's birthday right as a family New Year's Eve but I think any of us remember that midnight! We will either do one some this year or maybe some friends with kids over so we can have a process time while the kids run wild in the basement!" — Angie Guineau-Dobrowol

"I grew up in a rural farming community and the New Year's Eve, the neighbours would bring a party just the kids always accompanied the parents. I feel like this is what would be just as be with my family to celebrate the start of a new

year and also have fun with friends. I have many wonderful memories from that and would love to give the kids that same experience and memories to cherish!" — Crystal Reiter

"Last year we had a make your own pizza party with our friends and all our kids. We clean everything off from their hats and sparkly jewelry, etc., and then put them on

bed. Then they have

meals. We have

cupcake

Asian Art

cheesecake

cupcake

their own

playdate

etc. They

have

fun!" —

Suzanne

Meyer



"We

make it a family evening with friends and some wine. New Year's crackers (the ones with lights on them). I love sampling the last moments of every year with my kids. Friends and family are always welcome to come and spend the evening with us as well!" — Allison Gaffey

"Last year, as our child turned one, we held a small party to celebrate his birthday and New Year's Eve!" — Alison Trich

# FASHION YXE

Have an outfit you've styled for an upcoming event?

Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # BEST OF 2013

It's sort of fun talking to Saskatoon's most stylish, learning why fashion is important to them — and it's equally as fun to photograph their fabulous and unique outfits. One common theme we found: Don't be afraid to be yourself when it comes to what you wear! Here are some of photographer Michelle Berg's best fashion shots from the year.

BRIDGES PHOTOS BY MICHELLE BERG



Milner Sheen Wycayc taken a walk along Spadina Crescent with her husband Michael.



Alyen Kysan shows off her outfit on a staircase in the Avenue Building



Rebecca Le-Poerre orders a latte at Soule's



Dansen Rae, one of the key makeup artists at Saks Fifth Avenue



Gady Powell in her "acceptably classy" record hand outfit

## # FASHION BEST OF 2013



Manfred Kostmann and Anthony Argote in their Tweed Ride outfits



Matiavitzela sitting right — Melisse 'Mimosa' Wozniak Rose



Michelle Lemire sitting in beautiful summer day in a sunflower field east of Saskatoon



Grace 12 and Katie Thompson in the album on the U of S website



Ales Simon poses before cycling a 10km in a cycling jacket and backpack

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# STEVE WOLFSON

## Monster Cheese book idea started with a sneeze

Monster Cheese came into my life simply without a hint of being a life-changing event: when my son Elian awoke on a trail above Lake Louise. It was a surprise sneeze that made us both laugh and then drove our way down the mountain until "a sneeze at Lake Louise that started a monster cheese" was born. My young children, Sam and Andra, heard the story and asked how a sneeze started a monster cheese. So, I told them, over and over in many different ways.

In a couple of years, when I got



Steve Wolfson

around about writing, I recorded the latest version, transcribed it and expected a finished book. It wasn't that easy. With help from some expert essay writers I slowly turned the art version into a version that Golden Books agreed to publish as *Monster Cheese*. In 2010, my son Elian and the Cheese were to be launched into the world. Sochi was born one day before the book launch and he was at the party releasing *Monster Cheese* into the world.

About that time, my job was

challenging me not the courage to leave the world of steady employment to write and make films.

*Monster Cheese* took me all over Saskatchewan and inspired me to write many more children's stories. *Colden Gold* and two printings of *Eleven copies from bookstores like Mountain Lights at Chatsworth Lake*. *Laurel went around the world*.

*Monster Cheese* has been out of print for some 15 years and my readings eventually ended. To my surprise, that wasn't the end of the *Monster Cheese*. I am amazed at how many people I meet who have been touched by the book. Children often used to recognize me. Now it's people in their 20s who tell me how much they love

the book. Many are reading will wear copies to their children. The cats who read it to their children are now reading *Monster Cheese* to their grandchildren.

I am pleased that *Monster Cheese* is back. It took years but was finally possible through advances in technology plus a dash of secret ingredient. That ingredient is Eli the cat who insisted. She republished *Monster Cheese* through her small publishing company Argent Productions in South Florida.

*Monster Cheese* is again changing my life. I'm excited about sharing the *Cheese* with a whole new generation of children.

*Monster Cheese* is available at [www.argent.ca](http://www.argent.ca)

## MONSTER CHEESE



Story by Steve Wolfson  
Illustrations by Bill Johnson.

# EVENTS

# MUSIC

Thursday, Jan. 2

Eddy Robertson  
Cricketts Restaurant & Lounge,  
1-227 Mainhouse Dr.

Friday, Jan. 3

Plano Friday w/ David Fogg  
Reeds Series: Cana (Elkin & Danning-Schindler idt)  
The Basement,  
203 Fourth Ave. N.

Hallie Weston

McPhail Theatre,  
3330 Eighth St. E.

William and the Shadows

Fairfield Senior Citizens' Centre,  
103 Fremont Ct.

Donald Aranquist & Company  
Toon Town Tavern,  
3330 Eighth Dr.

Showboat Bar, Public  
Animal Fest, Ian Marton, and  
Black Holes  
Aldersgate Centre,  
882 10th St. E.

Saturday, Jan. 4

Denver Pierrot Maurice  
Brennan  
Jazz Gita Rattenu Etien Koller-  
and Straight From The  
Piano: Michaela Hodkinson  
The Basement,  
203 Fourth Ave. N.

Harry Shantz  
Nobitas Legion,  
3221 Louise St.

Phenix  
Coveywood Legion,  
825 Spadina Ave.

Wawa 'n' Wood  
Munich Restaurant,  
3330 Eighth St. E.

Little Christmas w/ Two Day  
Shows, Singing Sheep, and  
The Banks  
Antique Centre,  
632 10th St. E.

Starbuck, Jan. 5-6

Henry Shantz  
Nobitas Legion,  
3221 Louise St.

Global Pierrot Marion

Jenovsky

The Basement,  
203 Fourth Ave. N.

# ART

Memorial Art Gallery

Until Jan. 5-6 at 500 Spadina  
Crt. 4. Fall presentations  
include *Revelation: Medieval  
Art and Their Medieval Day* by  
Dr. Barbara Gellman. *Go!* by  
the Artists for Social Justice  
is a group exhibition by  
Kathy Scheweca and his mentees.  
Bruce Monroes *Rebels*.  
Tickets go on sale Jan. 4. For  
more information, call 306-975-7600  
or [www.mag.ca](http://www.mag.ca). The new  
winter exhibitions will open  
January 24.

A Hafty Gallery

Until Jan. 6 at 83 Broadway  
Little Christmas w/ Two Day  
Shows, Singing Sheep, and  
The Banks  
Antique Centre,  
632 10th St. E.

Avia: 30th Dimensions, juried  
by award-winning artists

Lifeless Headless and Susan  
Rosenzweig. Closing reception  
will be held Jan. 6. At 6 p.m. 8818  
p.m.

Galerie Restaurant

Until Jan. 6 at 7-73 Broadway  
Jan. 5: *Stained Glass*, new  
works by Kaitlyn Brinkshaw

SGRAP Gallery

Until Jan. 6 at 250 Third St.  
St. S. St. S. House by Jasmin  
Peters. *First Last* show of four  
of intricate ink illustrations. A  
reception will be held Jan. 10  
from 6 p.m. to 9 p.m.

WinnipegLumini Heritage Park:  
Jan. 6 until Jan. 31. At the park  
Perner Rose. *WinnipegLumini*  
entitled *Art in the air* pieces  
are installed by local artists and  
will be held Jan. 12. Art  
workshops are available at  
the park.

St. Thomas More Gallery  
Until Jan. 6 at 100 College  
St. *Art in Art* by Michaela  
Hodkinson. An opening reception

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

will be held Jan. 10 from 7 p.m.  
to 8 p.m.

Mike Gifford Bar

Until Jan. 26 at 611 1/2 Woodlawn  
Road. Poetry by David Lusk,  
on-tap, on-site display

Winnipeg Library

Throughout Jan. in Winnipeg.  
Winter season, art for the  
season and the holidays.

Handmade House Showplace

Until Feb. 1 at 7-73 Broadway  
Art Contemporary, elegant,  
Timeless. *Art and Shelves* by  
the TxT Art Group.

Black Sparrow Gallery

Open through the winter  
at Northside Antiques on  
Highway 2. After *Close*, a group  
show.

# SPECIAL EVENTS

Prima Verbiad  
1, 2330 Eighth St. E.  
McPhail Theatre  
Their annual New Year's Day  
concert. Featuring works by

Haydn, Mendelssohn and Handel.  
With organist Janet Wilson.  
With piano performances by

Winnipeg Ensemble Project  
and Holiday Light Rose  
Until Jan. 12 at The Seaside  
Kingsway Inn Park & See. The  
drive-through Christmas dis-  
play celebrates its 15th anni-  
versary. The Saskatoon Zoo Founda-  
tion and the Saskatoon City  
Hospital Foundation.

## # THEATRE

Anton Chekhov's *The Cherry  
Orchard*  
Jan. 3-19, Thursdays to Sun-  
days at 8 p.m., at the Refinery,  
909 Dufferin Ave. Presented  
by the Refinery. Art direction by  
Tina Neaught. An ambi-  
tious classic returns to their  
home to face hard choices  
and an uncertain future.



# GARDENING

# GOALS FOR 2014

## New Year's resolutions for the gardener

By Erl Svendsen

Now is the traditional time for good intentions. I'm going to lose weight. I'll join a gym. I've definitely saved money. I will read 10 books this year. Many resolutions fail because the goal, however ambitious, is too vague. No plan equals little follow-through resulting in easy achievement.

Humble achievement, I know, but it's a trap I've dug myself into as well. Awaiting the particle means taking a different path.

- (1) Write out a specific, realistic and achievable goal.
- (2) Make a plan.
- (3) Hold a friend/gardener support group.
- (4) Monitor progress.
- (5) Celebrate milestones/achiev-

To help the planners make a firm resolution, I thought I'd share some of my goals for 2014:

### BE GREENER

That used to be the three Rs of environmentalism: recycle, reuse and reduce. This year, I'm focusing on the first R — recycle, or better, composting.

It's easy enough to buy or build a compost bin. There are many styles and sizes, each with its own features and advantages. You may need to do a bit of research on composting (see resolution #5 if you're not sure) or better, if you're like me with little room for a compost bin, you can at least divert your kitchen and garden clippings from the landfill to one of the city's compost depots. To help you accomplish this, you may see a green bin for your garden waste, picking starts on May and runs through November.

If you're like me with little room for a compost bin, you can at least divert your kitchen and garden clippings from the landfill to one of the city's compost depots. To help you accomplish this, you may see a green bin for your garden waste, picking starts on May and runs through November.

Or for free, you can drop your garden waste off at one of the depots — Highway 7 west of the 10th St. junction or McDermont Drive, just north of Eighth Street (606-815-6060) or email: [landscapewaste@kitchener.ca](mailto:landscapewaste@kitchener.ca). I'll be pleased for the pickup option.

### DO GOOD FOR OTHERS

This is your chance to help others. The Seedstock Food Bank accepts fresh produce in addition to canned food (nonperishable) (dropping) a box and donate some of your garden produce. The Seedstock Food Bank started a very ambitious project with their first Garden Patch on Second Avenue.

To help out, you can just show up after work on Wednesdays or Saturday mornings. You can also sign up as a garden-helper volunteer.

Graze and Harvest can Adopt a Plot and take ownership of a small section. In 2013 the Garden Patch volunteers harvested 36,000 lbs of produce.

(www.SeedstockFoodBank.org/ GardenPatch) (613-546-1040 ext. 206; bret.milne@seedstockfoodbank.org)

If you're not on Seedstock, contact your local food bank to see what produce exists in your area.

### TRY AT LEAST ONE NEW THING

Trying new things keeps your heart young. In my occasional garden plot this year I'm trying Chef's Choice Dryage tomatoes, an All America Selections winner for 2014. The large, beefy tomato produced on indeterminate vines, reportedly have great flavor.

They're great for both fresh eating and for soups and sauces. In the home garden, I'm planting a few Quick Fire hyacinth beans, which open up while they quickly turn pale. It's much harder than advertised as it has reliably overwhelmed for at least two years on my watermelon's acreage south of Seedstock.

### READ ONE (OR MORE) BOOKS ON GARDENING

I'm picking up a copy of *Vegetable Gardening for Alberta* (Saskatchewan and Manitoba 2013), *Lawn Care* (Alberta) (2013) and *Landscaping with Native Plants* (Alberta) from Edible Edmonton.

I'll also be thumbing through the 36th edition of the *Prairie Garden* annual magazine. The articles are written by a variety of contributors including professional horticultur-



The Chef's Choice Orange tomato is one of the new things columnist Erl Svendsen will try in 2014.

PHOTO COURTESY HILL AMERICA SELECTIONS

ist home gardeners, plant breeders and researchers. Both are available at most book stores and garden centers.

The Prairie Garden is also available from the Saskatchewan Provincial Horticultural Society (306-943-7707; [horticulturalgroup.ca](http://horticulturalgroup.ca)).

# OUTSIDE THE LINES

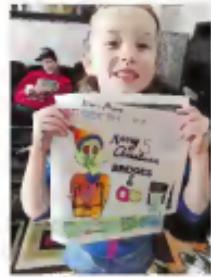
## HAPPY NEW YEAR!



### # Colouring contest

Each week, Stephanie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a parent take a photo of the finished product, and email it to [bridges@thestar.com](mailto:bridges@thestar.com). One winner will be chosen each week.



Last week's contest winner is Elle Kabotow. Thanks to everyone who submitted entries!



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Calico Critters. We also carry  
a huge selection of unique  
Toys and Great gigglefactory.  
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Balloon Designing

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# SHARPEATS

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

or visit Bridges on Facebook.

## # SASKATCHEWAN FOOD TRENDS

### The best spots to cure your New Year's hangover

By Jenn Sharp

OK, the holiday partying has subsided and you're left with a massive hangover. What to do? Your body needs greasy (it's proven to help — there's been research) but you need to be careful about where you choose to go for brunch.

Super family friendly establishments are probably not the best choice. The last thing you need right now is screaming children and a food fight at the next table. A bubble may not also be wise — sometimes it's just have to eat, relax and have someone bring your food to you. Read on for my top hangover brunch spots in Saskatoon and Regina — with guest commentary from Regina foodies Jutta Grunsky and Ashley Martin.

Keep in mind that no matter how awful you feel today it will get better. And the best sign you had a good night out is how you feel in the morning.

#### LEOPOLD'S TAVERNS

2030 Albert Street, Regina

By Jutta Grunsky

The Regina Standard restaurant has never quite been the same since Leo gold's Tavern opened on Albert St. earlier this year. Lead has and with great attention to service, the tiny bar has served a selection of locally sourced beers along with a few imports. With three big screen televisions, there is no better place to escape the bitter prairie winds on an NFL Sunday or to cure a hangover.

Leopold's Caesar is seasoned perfectly with a giant pickle, lime and a dose of velvety soft served in a Mason jar.

One of Leopold's signature dishes, the Hangover Corn, is the perfect start for a Sunday morning. A bed of fresh-cut fries are topped with cheese, bacon, sour cream, jalapeños, guacamole and a fried egg.

#### FLIP EATERY & DRINK

1910 Harrison Street, Regina

By Ashley Martin

With the floor-to-ceiling windows, Flip is the place to see and be seen, so stock it up, shower and get dressed — you're going out!

Flip's Big Plate is the standard bacon-and-egg breakfast kicked up a notch.

Start with three kinds of meat, all made at Satyr's deli around the corner and served by Flip. The bacon is a little salty but that's part what you need the morning after over-indulging right? The back bacon is tasty and the ham is blanched, which looks a little off putting with all white bacon in full of a solid flavour.

The Caesar is not too spicy, which I think is perfect the a hangover — I can't handle too much spice when my stomach is rocky. Plus the rim is different. It's more summery than most places.

The eggs come exactly in order — sunny-side-up perfection. And though I'm not a huge potato fan, even the hash browns were to my liking. The house-made hashcake tasted with house-made apple-pieberry jam and gruffy yet creamy peanut butter eggs if all else.



Leopold's perfectly seasoned Caesar (top) is the perfect complement to the day's signature dish: The Hangover Corn. (Inset photo: Jutta Grunsky)



The Big Plate at Flip Eatery & Drink in Regina comes with three kinds of meat. The Big Plate围绕 the corner bacon, back bacon, ham, and house-made hashcake. (Inset photo: Ashley Martin)

## THE HOLLOW

111 Avenue C.S., Sacramento  
By Jerry Shatz

The Hollows is a beautiful little spot in Sacramento's bohemian Riverdale neighborhood of you haven't heard, it's good on the board). The servers chose to re-purpose and salvage much of the former Golden Dragon — from the iconic sign out front to the china tea cups. The lighting is low enough here that your pretty face will blend right in. An eclectic soundtrack of chill and world sounds sets the mood for the decidedly hipster crowd. Just wait a second and you won't feel out of place.

I love the Rice and Beans here as much. I've tried little else on the brunch menu. A thoroughly satisfying blend of black beans and rice form the base for two eggs (bacon side or fried, French toast style, creamy avocado, creole french) and a few fluffy biscuits (it sounds like a lot going on, but trust me, it's so wonderful). I dream about this dish. Order it with a side of hash browns and a lime cilantro juice shot (hot, icy cold, ginger ale), and you're well on your way to having that hangover.



Rice and Beans at The Hollows in Sacramento is a delicious mix of black beans, rice, two eggs, tomato and avocado, biscuits.

PHOTO BY JERRY SHATZ

## CONGRESS BEER HOUSE

25 Second Avenue S, Sacramento  
By Jerry Shatz

Their slogan, the local watering hole for food you can eat at. The beer selection here is out standing and the made from scratch food won't kill you either.

Congress serves 30 taps and 20 bottles of (mostly) local and California beer. There's nothing like the beer of the day the morning after. If beer's not your thing, try the five-squared-grilled chicken sandwich or a 47 double Caesar. You know, they serve premium full beer in bags.



The Caesar at Congress is chicken breast, sauteed romaine, peppers, onions, caesar dressing, parmesan cheese croutons, and romaine heart.

PHOTO BY JERRY SHATZ

I tried The Caesar, a skillet filled with sauteed onion, peppers, onions, caesar dressing and baked beans topped with bell peppers, cheese curds and two ranch eggs. If it's true that grease causes hangovers, then this meal's the way to test the theory. While it's delicious there's no grease in the bottom of the skillet than even the best flavorless taste can handle. It did eat a grease though. It was probably my bacon add-on (which, for the amount you get, is pretty steep) that made everything so slippery.

# WINE WORLD

## # VEUVE CLICQUOT ROSE

### Champagne offers evening full of promise

By James Romanow

About six years ago, I made a complete mess of my New Year's Eve. If I was so sober then as I am now, I would have bought a bottle of champagne, and curled up on the sofa with my Popper. It would have been time better spent.

Veuve Clicquot has been my go-to label for decades. Champagne is a blend of three grapes: chardonnay, pinot noir and pinot meunier. After the wine is fermented for the second time in the bottle, the sediment is shot out and the bottle is topped up with dosage, wines from previous years for non-vintage (NV) champagne. The wines selected are the great secret of NV's birth house recipe is a bit different. Clicquot makes a pearly, nutty blend and NV is wine made what can't go to poor me.

The Veuve white is a remarkably darker white champagne both in color and flavor, and the rose continues down that bluish path. It's a two-year-old wine, with up to a third of the blend being old wines, and the remainder probably pinot noir. It has that trademark bouquet (or, toast, or dry bread) nose with a fabulous bright palate and a great shelf-matured finish. This is why you buy the stuff!

Should you be a 50-something with somebody lurking in your consciousness, I strongly recommend you learn from the mistakes of a long-



time ago. There are few things in life as pleasant as a bottle of champagne, and once drunk, the evening will be full of promise, especially if there are only two of you present. I prefer it served with poached mussels or white cake.

Veuve Clicquot Rose, NV \$9.99  
More bubbles throughout the week on Twitter @jromawine

## Crossword/Sudoku answers

MALTA	ALA	ACCS
WCONN	TOME	SUAL
GRAVY	TRAIN	CLICE
SOME	RINSES	CHE
CACTUS	SQUASH	HACKET
CAKES	DOGS	
ISH	ITALIO	WERB
THAMN	GIVING	DAY
TYRE	ANIMAL	FACE
LODE	PE	BANKS
DRESSING	INGR	OD
MCG	LODIES	SODA
STITS	TURKEY	THROT
CROS	ANTE	REZZO
BONE	SHY	ALOOP

8	5	3	1	2	7	6	9	4
4	9	1	8	5	6	3	7	2
7	2	6	4	9	3	1	5	8
9	6	8	3	7	1	4	2	5
5	3	7	2	4	9	8	6	1
2	1	4	5	6	8	9	3	7
3	8	2	6	1	5	7	4	9
6	7	5	9	8	4	2	1	3
1	4	9	7	3	2	5	8	6



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